

man Cup to now losing a lot of
ers through emigration.

lot of our work is done when
le are in transition from
anies where they have worked
while. The challenge that Bruff
as a rural club is that they
have the readies to support the
rs that the city clubs would have.
he idea of sponsorship came
ise it was a way of supporting
community where I grew up.
I go out to my parent's house I
ver 100 kids there every Sunday
ing.

using players is something which
roblem across all disciplines and
orts. The challenge is to remain
etitive during all of that and
with their successful rise from
ranks to 1B in the AIL - a very
etitive place to play - obviously
id stay there.

was doing some of this work
ely with the Munster and Irish
rs who were getting career
rt.

their career ends at 34 or 35 and
re wondering where do they go
That is what gave me the idea
ing it from the Bruff perspective.
e help individuals look at
rengths and skills they have
used, areas they haven't
oped themselves. They can lack
elief and self-worth.

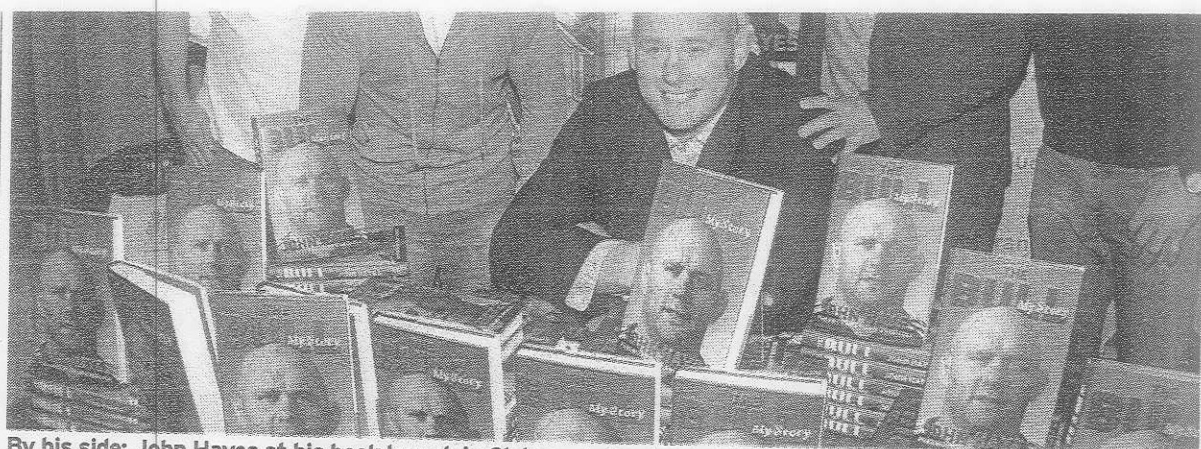
nging it back to rugby, if
in out onto the pitch and you
ave the self-belief to beat the
tion, where are you going? I
s about making sure guys are
ed for the future, their career
their financial future rather
aving it all to chance."

gerald is the author of
ing your own Career" and 'Self
ing for Success' which are
y participants on Harmonics
'Transition Programmes'. The
ckman was featured as 'The
Coach' in a groundbreaking
ational RTE1 TV documentary
'Rising after Redundancy' in

f made a successful start to
n-field programme in Division
the Ulster Bank All-Ireland
on Saturday when recording
hatic win over Ballymena.



cs, is giving career advice to



By his side: John Hayes at his book launch in Clohessey's Bar in Limerick last week with some of his former team-mates - Jerry Flannery, Peter Stringer, Donncha O'Callaghan, Ronan O'Gara, Mick Galwey and Paul O'Connell

'True legend' Hayes tells all in new book

Colm Kinsella

MANY of Munster and Ireland's biggest rugby names gathered to pay tribute to a 'true legend of the game' with the launch of John Hayes' autobiography, *The Bull: My Story*, at Clohessey's Bar, in Limerick, on Thursday night.

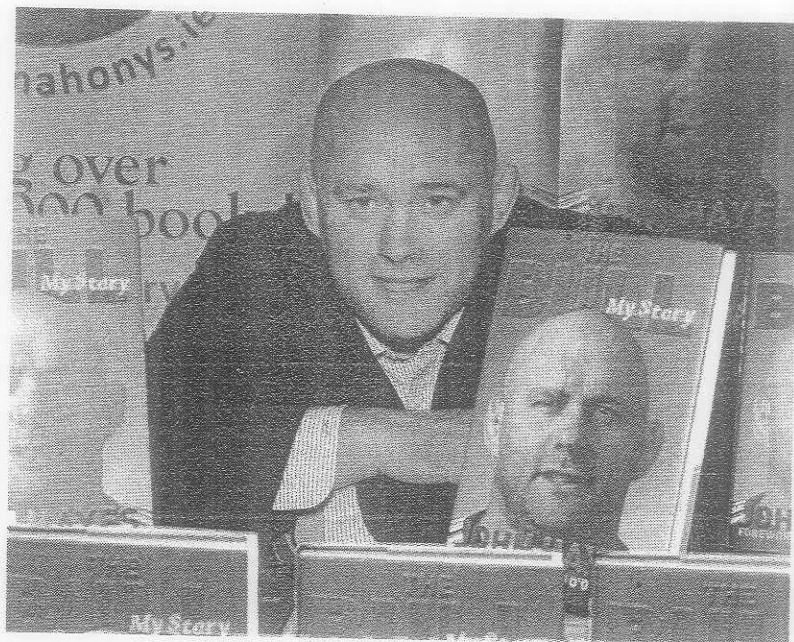
Ireland head coach Declan Kidney was joined by several current Munster squad members, including Peter Stringer, Marcus Horan, Paul O'Connell, Donncha O'Callaghan, Alan Quinlan, Ronan O'Gara and Keith Earls, as well as recent retirees Jerry Flannery and Alan Quinlan, to honour Cappamore-born tighthead prop Hayes who played 105 times for Ireland and made over 200 appearances for Munster.

Current Munster backroom team members, Anthony Foley and Niall O'Donovan, who played with Hayes at Shannon, also attended the event along with dozens of former players from 'the Parish' club and representatives from Bruff RFC where Hayes was first introduced to the game.

In *The Bull: My Story*, which was co-written by leading sports writer, Tommy Conlon, Hayes recalls his lengthy sporting career from playing underage hurling and football with Cappamore GAA club right through to lining out against the world's top rugby players at international level.

During a decorated career, Hayes won two Heineken Cups with Munster, won four Triple Crowns and a Grand Slam with Ireland and also played for the Lions. The book was launched by Hayes' former Shannon, Munster and Ireland team-mate Mick Galwey.

Addressing the gathering, John Hayes thanked Bruff and Shannon



rugby clubs for their support in helping him to develop into a top international rugby player.

"People ask me what I would be doing if I didn't become a rugby player. It has been a great journey and I really enjoyed it. In relation to the book, Tommy Conlon gets the story across the way I wanted it to be done.

"It is exactly how I felt at the time. I hope people enjoy reading it."

Launching the book, Mick Galwey said he was honoured to do so. He complimented Tommy Conlon on getting 90,000 words for the book out of Hayes, a man of few words. Galwey described it as a 'phenomenal effort'.

Former lock Galwey recalled Hayes turning up at Shannon for the first time and current Munster team manager, Niall O'Donovan urging

someone to 'get a bit of gear for that misfortune'. Galwey also revealed that Hayes' physical appearance had changed significantly during his time in New Zealand in the early stages of his career.

"He left Limerick a tall, scrawny fella, with a full head of hair, an athlete ... When John came back from New Zealand, he had put on about three and a half stone and had lost his hair. The real reason John moved from the second row into the front row was because Noel 'Buddha' Healy had broken a finger trying to lift him! As a professional rugby player, John was totally committed and honest. He is simply irreplaceable. Limerick people owe him a great debt of gratitude."

The Bull: My Story by John Hayes, published by Simon and Schuster, is on sale in bookshops now.

EX: LIMERICK LEADER (L. SPORT)

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